

Sharon Pugatch: Zumba

Sharon has a background in dance and ballet and she has participated in the fitness industry for over 20 years. Sharon is excited that she took her passion for dance and exercise to the next level and now shares it with others. Sharon is presently teaching for the Town of Bedford Recreation Department and three different Health Clubs. (Boston Sports Clubs, Gold's Gym, and the Empire Club.)

In 2009, Sharon got certified in the New Zumba Toning and Zumba Toning Super Circuit work outs to add to her other certifications in Zumba Basics 1 and 2. Sharon was one of the first instructors in Massachusetts to be certified in Zumba Toning. Sharon has created a special dance and toning class called Zumba EXTRA. In April 2011, Sharon will also be getting certified to teach Zumba Gold.

Sharon is presently employed by Microsoft Corporation where she has worked full time for over 18 years. She understands that it is hard to find the time to work out and that people want workouts to be fun and effective. Sharon teaches Zumba classes six days a week and often combines Zumba dance and Zumba toning in many of her classes. Sharon is an active member of the Zumba Instructor Network (ZIN) and IDEA Health and Fitness Association.

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To view other information about Sharon and see a list of the classes she teaches please view Sharon's website at: www.dancefitness.vpweb.com